

Finding Success Together!



NOTHING TASTES BETTER THAN THIN FEELS!
This is what kept Terry and Shellie Beiser going in their journey to better health.

Since October of 2006, the Jackson couple changed their eating habits and started exercising. They have lost over 40 pounds each.

Shellie is a dental assistant at Scott's Correctional Facility in Plymouth and Terry is a wedding disc jockey and auto technician at

Kelly Imports in Jackson. Shellie said, "What really motivated us to start living healthy was when my sister (Lisa Keel) had her third child. She was my size when she started and now she wears a size four. She's been so supportive."

Together Shellie & Terry joined Weight Watchers. Instead of skipping breakfast, eating fast food and lots of pizza, they started watching their portion sizes, ate fresh fruit and veggies and started cooking at home more. "The one thing we realized about eating healthier is that it doesn't mean you have to give up flavor," said Terry. "We look back at the foods we used to eat and cannot believe how much and what we ate," said Shellie.

Terry goes to the YMCA three days weekly and Shellie walks miles at work; going from wing to wing at the prison-tasks that previously had made her breathless and without energy. "The journey to better health has brought us closer together in our marriage. The whole healthy effort has been incredible," Shellie said. "We make each other feel better, and we feel better about ourselves."



One of their favorite things to do after they get off the scales is to go to a local sporting goods store, pick up barbells that represent how much weight they had lost and carry them around the store. "Losing weight and living this kind of lifestyle can be done!" Terry said. "And it's fun."

Submitted by Shellie Beiser, MDOC